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NAMED AND SHAMED

Gordon Sondland about-turned on Trump Wednesday, offering shocking impeachment testimony of senior officials' complicity in the president's Ukraine 'quid pro quo' re-election pressure campaign. Vice President Mike Pence and Secretary of State Mike Pompeo were tarred as active participants. 2

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U.S. diplomat says he followed Trump orders on Ukraine, points to Pompeo and Pence

U.S. Ambassador to the European Union Gordon Sondland testifies before a House Intelligence Committee hearing as part of the impeachment inquiry into U.S. President Donald Trump on Capitol Hill in Washington. REUTERS

Pence, Pompeo and Giuliani allegedly 'actively engaged.'

A senior U.S. diplomat said on Wednesday that President Donald Trump expressly ordered him and others to help a pressure campaign against Ukraine, and gave testimony in the impeachment inquiry that for the first time put the U.S. secretary of state and vice president at the heart of the controversy.

Gordon Sondland, the U.S. ambassador to the European Union, said he "followed the president's orders" to work with Trump's personal lawyer Rudy Giuliani to push Ukraine to carry out two investigations that would benefit Trump politically as he runs for re-election in November 2020.

Sondland's testimony was among the most significant in the four days of public hearings in the Democratic-led House of

Representatives impeachment inquiry that has captivated Washington and threatens the presidency of Trump, a Republican.

The ambassador, a wealthy hotel entrepreneur and Trump donor, detailed Trump's active participation in the Ukraine controversy. Sondland depicted Secretary of State Mike Pompeo as actively engaged in the efforts to get Ukraine to carry out the investigations, including one targeting Democratic presidential candidate Joe Biden, and described Vice President Mike Pence as aware of the efforts.

Going much further in describing the broad involvement of administration officials than he did in prior testimony behind closed doors, Sondland also made clear that he was a reluctant participant in the pressure campaign on Ukraine and that he personally opposed Trump's withholding of U.S. security aid.

"Everyone was in the loop. It was no secret," Sondland said.

\$391M

Sondland said he told Pence that a freeze ordered by Trump of \$391 million in security aid to Ukraine appeared to be part of the pressure campaign.

Testifying to the House Intelligence Committee, Sondland said he told Pence that a freeze ordered by Trump of \$391 million in security aid to Ukraine appeared to be part of the pressure campaign. The aid was approved by Congress to help Ukraine fight Russia-backed separatists. In a statement, Pence's chief of staff denied that any such conversation occurred.

Trump, in a July 25 phone call, asked Ukrainian President Volodymyr Zelensky to carry out two investigations. One in-

"Everyone was in the loop. It was no secret."

U.S. Ambassador to the European Union Gordon Sondland

involved Biden and his son Hunter, who had worked for Ukrainian energy company Burisma. The other involved a debunked conspiracy theory promoted by some Trump allies that Ukraine, not Russia, interfered in the 2016 U.S. election.

Democrats accuse Trump of abusing his power by using the security assistance and an offer to Zelensky of a prestigious visit to the White House as leverage to pressure a vulnerable U.S. ally to dig up dirt on domestic political rivals.

Sondland described Trump in May telling him along with Energy Secretary Rick Perry and then-U.S. special envoy to Ukraine Kurt Volker to work with Giuliani – the former New York mayor

who held no U.S. government job – on Ukraine policy.

"We did not want to work with Mr. Giuliani. Simply put, we played the hand we were dealt. We all understood that if we refused to work with Mr. Giuliani, we would lose an important opportunity to cement relations between the United States and Ukraine. So we followed the president's orders," Sondland said.

Sondland said the three worked "at the express direction of the president of the United States" with Giuliani, who at the time was actively trying to get Ukraine to conduct the politically motivated investigations.

The efforts by Giuliani to get Zelensky to investigate the Bidens "were a

quid pro quo for arranging a White House visit" for the Ukrainian leader, Sondland said, using a Latin term meaning to exchange a favor for another favor.

Trump has said he did nothing wrong in the Ukraine matter and specifically denied any quid pro quo. On Wednesday, the president said he does not know Sondland – his own appointee – well but he seems like a "nice guy."

Biden, the former vice president, is a leading candidate for the Democratic nomination to face Trump in the November 2020 presidential election. Trump has accused Biden of corruption without offering evidence. Biden has denied any wrongdoing.

The investigation could lead the House to press formal charges against Trump – called articles of impeachment – that would be sent to the Republican-controlled Senate for a trial on whether to remove him from office. REUTERS

Trump to discuss vaping rules at Friday meeting

2 President Donald Trump will host a meeting on vaping at the White House on Friday with a range of groups, including industry and public health representatives, a White House spokesman said on Wednesday, as his administration considers calls to tighten e-cigarette regulations amid alarm over serious health issues. "The policy making process is not stalled," White House spokesman Judd Deere said in

a statement. Trump on Nov. 11 said he would be meeting with industry representatives after previously saying his administration would release its position on vaping last week, though it never was. The Trump administration in September announced a sweeping plan to ban all e-cigarette and vaping flavors aside from tobacco flavors. Trump earlier this month said he would raise the age to buy such products to 21. REUTERS

Bloomberg to appear on Texas presidential ballot

3 Billionaire former New York Mayor Michael Bloomberg put his name on Democratic primary ballots in Texas on Wednesday, paving the way for a possible late entry into the presidential race. Bloomberg, 77, has not officially said whether he will run in the 2020 race, but has acknowledged considering a bid. His would-be opponents in a historically large Democratic field have spent months making their case to



REUTERS

voters in states, starting with Iowa and New Hampshire, that will start selecting the party's nominee in February.

REUTERS

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Philly unveils plan to combat school asbestos, lead paint

Pratt Head Start is the latest local school to shut down due to asbestos concerns.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

The Philadelphia School District will reportedly use \$12 million in operating funds and \$500 million in capital funding to improve environmental conditions at 141 schools after multiple school buildings were forced to close due to asbestos concerns.

This new plan, which is part of the Healthy Schools Initiative, will impact 86,000 young people, and according to NBC, is aimed at ridding the district's aged buildings of asbestos and lead paint.

Eighty students were displaced from a North Philly school this week after asbestos was discovered in the boiler room. A district official was reportedly inspecting Pratt Head Start, located at North 22nd St., as a temporary space for displaced students.

The Office of Early Childhood Education for the school district announced the building closure on Tuesday. They are relocating staff and students. It was reported that families will learn about their new school placements by Thursday.

The school district, which stopped using asbestos in buildings built after 1978, hopes to solve the asbestos issue by the end of the school year.

Officials also called on the state of Pennsylvania to help support the plan. City Council member

Helen Gym said during a recent meeting, "The district cannot do this by itself. The city has delivered on its share of funding. It is the responsibility of the State of Pennsylvania, the Commonwealth of this state, to deliver on a school infrastructure plan and funding plan that not only benefits Philadelphia but schools all across the state of Pennsylvania."

During the meeting, Dr. William Hite, the superintendent of the School District of Philadelphia, outlined a new Environmental Safety Improvement plan. Hite explained that the plan is going to be proactive and in every school by Dec. 20, ABC reports.

Hite said, "Some of the other actions we will be taking include strengthening our biannual AHERA inspection so that every inspector will immediately report any findings of possible imminent hazards to the district for follow up within 24 hours, and expanding our resources to manage asbestos-related issues in schools."

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Off-duty Philly cop shot at 6 times in bar fight

An off-duty police officer was shot at six times early Wednesday morning when he tried to break up a West Philly bar brawl.

Police told outlets that around 1:30 a.m., a group of men were beating on a male victim outside The Bar Barn, which is located on Catharine St., near the intersection of 49th St. and Baltimore Ave. At that time, an off-duty cop drove past the intersection in his personal vehicle, a Jeep Cherokee, ABC reported.

Officials said that the officer parked his car outside of the bar and tried to protect the man from being assaulted. Authorities added that one of the men started to fire a handgun at the officer, who had a female passenger in his jeep.

Philadelphia Police Chief Inspector Scott Small told ABC, "It took a lot of guts, got out of his car, approached this crowd that was actually



ISTOCK

punching and stomping a male outside of the bar, and he intervened and was able to stop the fight."

The officer got back into his car and left the scene, uninjured.

It was reported that at least six shots were fired, with two bullets hitting the passenger side door.

"He was able to save this individual from getting assaulted, but, in return, somebody fired multiple shots at the off-duty officer. He's very, very lucky that he wasn't struck by gunfire," Small added.

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Democratic presidential hopefuls Bernie Sanders and Elizabeth Warren.

REUTERS

2020 Democratic challengers slam Trump stance on settlements

Trump administration now considers Israeli settlements compatible with international law.



The 2020 Democratic presidential candidates came out strong against U.S. President Donald Trump's dramatic policy shift regarding Israeli settlements.

The Trump administration's major policy shift, announced Monday, included that the U.S. now considers Israeli settlements to be compatible with international law, a significant departure from the Obama administration's approach.

Secretary of State Mike Pompeo said in a statement that "we will no longer recognize Israeli settlements as per se inconsistent with international law," noting that this conclusion was "based on the unique facts, history, circumstances presented by the establishment of civilian settlements in the West Bank."

A spokesman for former Vice President Joe Biden's campaign told the Jewish Insider on Monday night that "this decision harms the cause of diplomacy, takes us further away from the hope of a two-state solu-

tion, and will only further inflame tensions in the region. It's not about peace or security. It is not about being pro-Israel. It is about undercutting Israel's future in service of Trump's personal politics."

Other candidates took to Twitter Monday night to express their chagrin. Sen. Elizabeth Warren (D-Mass.) slammed the move as "another blatantly ideological attempt by the Trump administration to distract from its failures in the region. Not only do

Mr. Trump is isolating the United States and undermining diplomacy by pandering to his extremist base," he said.

South Bend Mayor Pete Buttigieg said the move was a "step back" in the peace process and the latest in a "pattern of destructive decisions that harm our national interests."

Similarly, Sen. Amy Klobuchar (D-Minn.) accused Trump of "playing politics and taking us further away from a path to a two-state solution."

"This is clear from international law and multiple United Nations resolutions. Once again, Mr. Trump is isolating the United States and undermining diplomacy by pandering to his extremist base."

Sen. Bernie Sanders

these settlements violate international law—they make peace harder to achieve." She also vowed to swiftly reverse the decision should she unseat Trump.

Sen. Bernie Sanders (I-Vt.) described the settlements as situated in "occupied" territory and "illegal."

"This is clear from international law and multiple United Nations resolutions. Once again,

The new policy means that the U.S. will consider Israeli settlements to be irrelevant to the legal aspects of the peace process, restoring the policy that had been first adopted by President Ronald Reagan in 1981.

This article was provided to Metro through an agreement with Israel Hayom news. Visit www.israelhayom.com for more coverage.

Getting rid of varicose veins for good

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ASK JEFFERSON HEALTH:

Varicose veins can be painful and debilitating. The good news is that they're relatively easy to treat—and, in most cases, insurance will cover it. Metro connected with Ronald S. Winokur, M.D., an interventional radiology specialist with Jefferson Health. Here's how to kick stubborn varicose veins once and for all.

Do varicose veins present a health risk?

There was one recent study that came out in the New England Journal of Medicine saying that having varicose veins slightly increases your risk for having blood clots. However, I still believe the long-term impact is probably pretty minor on the increase in actual deep vein thrombosis (DVT). The majority of treatment is to improve quality of life and relieve symptoms that can be pretty disabling on a day-to-day basis.

What happens when patients come in because of varicose veins?

My goal is to be very comprehensive and individualized in our

treatment paradigm. We start by sitting down in an office setting and discussing symptoms—when the veins originated, what kind of symptoms they produce, what makes it worse or better. Then we do a complete ultrasound to better understand what's going on with these veins and how to eliminate them. After that, we sit down and describe the different treatment options that are available.

How do you treat them?

We can use a laser to close the primary leaking vein that underlies and leads to all the varicose veins themselves. There's usually one primary vein that, say,

has backwards flow that then leads to the varicose veins. We can also treat the varicose veins that arise from there in one of two ways; either by injecting a drug that seals those veins closed or by removing those veins by making small nicks in the skin and pulling them out in small segments to remove them entirely.

Does insurance normally cover varicose vein treatment?

Insurance tends to cover it as long as people are symptomatic from their varicose veins and they're causing some sort of health concern.

If it's just cosmetic, it might be hard to find insurance to cover it.

Why Jefferson?

What I take pride in, and what's so unique about our practice, is how individualized our care is. We spend so much face-to-face time with each and every patient to identify the best treatment algorithm. Sometimes these veins actually arise from inside the pelvis; from higher up where you can't see them. Eliminating the veins down in the legs may not prevent long-term recurrences of varicose veins because they may just be emptying down from the pelvis, so they're going to keep coming back.



It's important to assess and look at the pelvis to see if there's something that needs to be treated higher up.

Join Dr. Ronald Winokur for a *Lecture on Varicose Vein Treatment* at the Navy Yard on Tuesday, November 26. To register for the event or to make an appointment with Jefferson Health to eliminate your varicose veins for good, call 1-800-JEFF NOW.

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Britain's Prince Andrew, Duke of York.

REUTERS

Britain's Prince Andrew halts public duties over sex scandal

The Prince's Epstein association has dominated U.K. news.

Britain's Prince Andrew stepped down from public duties on Wednesday, saying the controversy surrounding his "ill-judged" association with late U.S. financier Jeffrey Epstein had caused major disruption to the royal family's work.

Andrew, Queen Elizabeth's second son, denies an allegation that he had sex with a 17-year-old girl procured for him by his friend Epstein, who killed himself in a U.S. prison in August while awaiting trial on sex trafficking charges.

ciated with the prince, he said he would step down from public life for the time being and speak to police about Epstein.

"It has become clear to me over the last few days that the circumstances relating to my former association with Jeffrey Epstein has become a major disruption to my family's work," he said in a statement issued by Buckingham Palace.

"Therefore, I have asked Her Majesty if I may step back from public duties for the foreseeable future, and she has given her permission," said Andrew, 59, whose official title is the Duke of York.

"Of course, I am willing to help any appropriate law enforcement agency with their investigations, if required."

Andrew's conduct has overshadowed much of the political campaigning for Britain's parliamentary election on Dec. 12.

In a televised debate on Tuesday night, Prime Minister Boris Johnson said the monarchy was "beyond reproach" while opposition Labour Party leader Jeremy Corbyn said the institution "needs a bit of improvement" and that there were questions to be answered.

Andrew, widely reputed to be the favorite of the queen's three sons, has been under scrutiny over his friendship with Epstein for the past several years.

Now eighth-in-line to the throne, he quit as Britain's roving trade ambassador in 2011 after being lambasted for his links to the financier following his jailing in 2008 for child sex offences.

Then in 2015, one of Epstein's accusers, Virginia Giuffre, said she was forced to have sex with Andrew in London, New York and on a private Caribbean island between 1999 and 2002, when she says Epstein kept her as a "sex slave". **REUTERS**

"Of course, I am willing to help any appropriate law enforcement agency with their investigations, if required."

Andrew said in a statement issued by Buckingham Palace

The scandal has escalated since Andrew's rambling explanations in a disastrous BBC TV interview aired on Saturday left many viewers incredulous, and his apparent lack of compassion for Epstein's victims drew widespread condemnation.

As the story dominated news headlines for a fourth day and a slew of businesses distanced themselves from organizations and charities asso-

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Israel launches air strikes in Syria; Damascus says two killed

Israel said its aircraft struck dozens of Iranian and Syrian military targets in Syria on Wednesday in retaliation for rockets fired towards Israel a day earlier.

Syrian state media reported two civilians were killed and several others injured in the attacks, but said Syria's air defenses destroyed most of the missiles fired by Israeli jets over Damascus, the capital, before they reached their targets.

The British-based Syrian Observatory for Human Rights, a monitoring group, said 11 people were killed, including seven who were not from Syria, citing its own sources.

The elite Quds Force is the overseas arm of Iran's Revolutionary Guards.

The Observatory said weapons and ammunition storage facilities belonging to the Al Quds force were destroyed in the attack.

On Twitter, Israeli military spokesman Lieutenant-Colonel Avichay Adraee said warplanes attacked dozens of targets, including surface-to-air missiles, headquarters, weapons depots and military bases.

"At exactly 1:20 a.m. today, Israeli warplanes from the direction of the occupied Golan Heights and the Lebanese Marjayoun targeted the perimeter of the city of Da-



Boys look out the window of a building, damaged from an Israeli attack in Damascus, Syria.

REUTERS

"Yesterday's Iranian attack on Israeli territory by firing missiles ... is the best proof of Iran's real cause in Syria. The Iranian position poses a threat to Israel's security, stability in the region, and the Syrian regime."

Avichay Adraee

An Israeli official who requested anonymity said a preliminary and yet unconfirmed tally put the number of fatalities at between 10 and 20 military personnel, "about two-thirds of them Iranian and a third (of them) Syrian."

Israel's military said its missile defense system shot down four rockets fired from Syria toward Israel on Tuesday.

"I have made clear that whoever hurts us, we will hurt him," Israeli Prime Minister Benjamin Netanyahu said early on Wednesday. "This is what we did overnight vis-a-vis military targets of the Iranian Al Quds force and Syrian military targets in Syria after a barrage of rockets was launched at Israel," he said.

mascus with a number of rockets," a Syrian military source was quoted as saying by the Syrian state news agency SANA. Marjayoun is a city in the south of Lebanon.

Israel says it has carried out hundreds of strikes in Syria against Iranian targets trying to establish a permanent military presence there and against advanced weapons shipments to Tehran-backed Lebanese militia Hezbollah.

"Yesterday's Iranian attack on Israeli territory by firing missiles ... is the best proof of Iran's real cause in Syria. The Iranian position poses a threat to Israel's security, stability in the region, and the Syrian regime," Adraee said.

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LGBT themed clothing to coincide with the 50th anniversary of the 1969 Stonewall uprising, considered the birth of the lesbian, gay, bisexual and transgender (LGBT) movement is seen on display at the Levi's Store at Times Square in New York City, U.S. **REUTERS**

Barriers exist even in accessing everyday products.

From breast-flattening binders and prosthetic penises to friendly beauticians, transgender shoppers often struggle to find the products they need – but a growing number of trans-owned businesses are tapping into this long-ignored market.

Few businesses know how to cater to trans

consumers, said Siobhan Reilly, who set up Electrolysis by Siobhan in the northern English city of Manchester in 2017 after she and her friends had distressing hair removal experiences.

“When it comes to accessing a service like mine, that can be a difficult or dysphoric experience at the best of times,” said Reilly, with ignorance and transphobia adding to the discomfort of having a needle put into hair follicles.

“Having an electrologist who is a trans woman and has faced some of the challenges of accessing hair removal can be reassuring and make the process easier,” said Reilly, who offers cheap treatment to trans people who cannot afford higher rates.

As the world marks Transgender Day of Remembrance on Wednesday in tribute to those murdered owing to transphobia, trans people also face numerous barriers in

Frustration drives trans consumers to create sell-out brands

accessing everyday products and services that others take for granted.

Some 600,000 people in Britain identify as trans, according to Stonewall rights group, and some 1.4 million in the United States, the Williams Institute think-tank estimates.

Awareness of trans people has risen as celebrities such as Caitlyn Jenner and Laverne Cox have become mainstream, but sexual and gender minorities still face widespread discrimination at work, school and in shops.

Using appropriate gender pronouns, not asking invasive questions and being aware of sensitive areas of conversation are basic requirements for businesses serving trans consumers.

“It seemed to me that training as an electrologist and setting up a clinic

was the most sustainable impact I could have,” said Reilly, whose next goal is to train more trans electrologists in other cities.

“If you don’t really understand the pain points, how can you adequately provide solutions?”

Scout Rose

With high street stores offering very limited options for trans men and non-binary people seeking sexy lingerie or stand-to-pee devices to support their transition, many go online.

But the experience is often patchy, with many people relying on advice from YouTube bloggers on how to achieve their desired body shape, such as using duct tape to tuck their penis between their legs, or relying on low-quality product images.

“People often buy binders and prosthetics from message boards or off social media groups, and it’s actually startlingly common to hear about people being ripped off,” said Scout Rose, founder of the online store Trans-guy Supply.

“Trans people are better positioned to meet the needs of other trans people because we have firsthand knowledge of the issues they are facing,” said Rose, who sells everything from packers to create a bulge in the wearer’s pants to shaving sets. **REUTERS**

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Is Greta Thunberg a 'time traveler'?

Young climate change activist Greta Thunberg has found herself in the middle of a conspiracy theory with social media users calling her a 'time traveler.' Everything started when a 121-year-old photograph from the archives of the University of Washington that depicts a person that looks like Thunberg was published. The shot shows three children extracting water from a well in the Yukon Territory of Canada.

MAYN

1898

Is the year the photograph found in the archives of the University of Washington was taken.



"So 'Greta Thunberg' is in a photo from 120 years ago, and it's my new favorite conspiracy. Greta's a time traveller, from the future, and she's here to save us."

@JackSamStrange wrote on Twitter.



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Wealth alone won't save countries from climate change

An analysis of economies and preparedness.

Wealth alone will not shield economies from the impact of climate change, researchers said on Wednesday, urging governments to build flood defences and early warning systems to stem financial losses.

Climate research has shown that poor people in tropical countries are most vulnerable to economic loss caused by global warming.

But countries that aggressively prepare for climate impacts like hurricanes and heatwaves will fare drastically better financially than others with similar economies,

according to a report by the Economist Intelligence Unit.

For example, by 2050, Russia's economy will be 5% smaller than it would have been without the impact of climate change.

Argentina, which has done more to prepare, will only contract by 2% despite having similar levels of economic development, said the study.

"Argentinean leadership recognises that climate change represents a risk to Argentina's long-term growth rate, most obviously through its impact on the important agriculture sector," said the report.

It linked Russia's estimated losses to "widespread climate change scepticism among much of the Russian business community and a lack of broad-

er public engagement."

Researchers looked at the willingness and financial ability to confront climate change of 82 countries with large economies.

The global economy will contract by 3% with countries in North America faring the best and countries in Africa the worst, it said.

Despite recent wildfires and hurricanes that have raised concerns about a warming planet, the researchers said climate change would only cause the U.S. economy to contract by 1% by 2050.

Since 1980, the United States has suffered 241 weather and climate disasters costing \$1 billion or more, at a cumulative cost of \$1.6 trillion, the United Nations has said.



Splinters of ice peel off from one of the sides of the Perito Moreno glacier in a process of an unexpected rupture during the southern hemisphere's winter months, near the city of El Calafate in the Patagonian province of Santa Cruz, southern Argentina. **REUTERS**

Only seven countries including Germany, South Korea and Lithuania scored better.

"Despite the absence of leadership at the national level in the U.S., cities and certainly states are really moving ahead in combatting climate change," said David Miller, the North American director of the C40 network of cities tackling climate change.

"Within the U.S., once the federal government

uses its authority, you'll see even more progress building on what cities and states are doing today."

Poorer nations – many in places where climate change effects are hitting the hardest – have long demanded more financial support so they can build stronger homes, plant hardier seeds, put in irrigation and warn citizens of dangerous weather.

Angola, Africa's sec-

ond biggest oil exporter, is one of the developing economies set to be hit the hardest.

The West African country has announced ambitious plans to fight climate change including improving irrigation and pledging to cooperate with the United Nations.

But the country has failed to live up to its promises, researchers said.

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LIFESTYLE

Cyndi Lauper on giving a voice to those who need it most

As an artist, Cyndi Lauper is one of the most decorated performers of her generation, earning Grammy Awards for her timeless hits, a Tony Award for her work on the hit Broadway musical "Kinky Boots" and even an Emmy for her hilarious guest appearance on "Mad About You." But as an advocate and an activist, the 66-year-old star has proven herself to be a legend for much more important reasons.

Lauper has been a true LGBTQ champion over the years, with her song "True Colors" becoming an anthem for the community. It also inspired the name of her nonprofit, True Colors United, which she founded in 2008. The organization works on addressing the issue of youth homelessness, specifically aiding members of the LGBTQ community, who make up 40 percent of America's homeless youth population.

Each year, True Colors United hosts "Cyndi Lauper & Friends: Home for the Holidays," a benefit concert in support of the organization. This year, the show returns on Tuesday, Dec. 10, at The NOVO at L.A. Live in Los Angeles with a stacked lineup of stars, including host Carson Kressley, Marilyn Manson, Billy Porter, Margaret Cho, Lily Tomlin, Keshia, Henry Rollins, Brandi Carlile and more.

Lauper has also recently lent her voice to the PsO at Work campaign by Novartis. Through the campaign's website as well as using the hashtag #PsOatWork on social media, patients struggling with psoriasis can share their stories and

find resources as they seek solutions for keeping their symptoms under control.

Ahead, Lauper talks more about her struggles with psoriasis, advocating for the LGBTQ community, her new Netflix series with Jane Lynch and more.

What inspired you to join the PsO at Work campaign?

I'm doing it because I'm one of 8 million people in America who have and are living with psoriasis. It's an interesting campaign because it's hard to hide while you work. Obviously, I can adjust my hours, but there are people who work in offices, banks, different jobs around the country, who go to work and have psoriasis. I know nobody talks about it, so that's why I'm doing it.

For me, when I started to hear other people's stories, it helped me to feel better. No. 1, that I wasn't alone. And, No. 2, realize there's many options out there and people handle it a lot of different ways. I finally found something that keeps my psoriasis under control and I have skin again. I'm so grateful that my skin feels like skin, looks like skin. It's not awful. I'm not shedding. I'm not bleeding. I'm not totally inflamed.

How did psoriasis affect you as a creative person?

A lot. I didn't know what to do for myself. I tried every cuckoo thing. I was on tour with Cher when I was covered from head to toe with it. I had some really weird, what I used to call "Sir Lancelot" outfit because I had to cover this and cover that, and long tight shirts that



would hide the psoriasis. And then, of course, when I took it off my skin would come off. It was really very painful and it was hard.

You've been a champion for the LGBTQ community for a long time. What's been the inspiration behind working on projects like True Colors United and the Home for the Holidays benefit?

First of all, friends and family. I grew up watching my sister struggle with just being herself. I think that when I was pregnant and I started reading when the internet was new and I felt like Captain Kirk looking at it like it was all "Star Trek." You could type something and somebody types something back at you from like another part of the country. I couldn't even believe it. So, I started to read letter after letter of people who said that "True Colors" the song saved their life because they had been disenfranchised from their job, their family,

from their friends. When you're alone like that and feel suicidal – which a lot of people do, there's still a lot of teenage suicide because people are different.

I grew up in the Civil Rights movement. I remember Dr. King and I remember what he said, that the arc of history leans toward justice. That is what always drove me on. I guess when I started working and meeting people from the Human Rights Campaign, especially one woman who worked there, Cathy Nelson, she was a great mentor. She taught me that you can change things, and we did. We helped promote the hate crimes bill that was amended to include the LGBTQ community because of Matthew Shepard and [James Byrd Jr.]. I think that it's important that you include everyone. A hate crime is a hate crime. For the LGBTQ community, they are targeted a lot. I felt that it was important. We worked and advo-

cated. Information, that's what people need. I, in my heart, believe that in America we are fair-minded people. We all came from immigrants, unless you're Native American and you really got screwed. I think that, as an American, I always thought it was part of the privilege of being an American to participate. I always felt that you need to vote. You can't complain if you don't vote. You need to represent how you feel.

What can you tell us about the "Golden Girls"-style comedy you're working on with Jane Lynch for Netflix?

I was working with this group Skydance, I really like those guys. They started to come down to all the concerts in L.A. We tried this other project, it didn't work. Finally, because of my work, I'm up channel surfing and I watch a lot of "Golden Girls," plus "Mary Tyler Moore" when I find it and "The Honey-mooners." Those are the

go-tos. And if it works out with the "Golden Girls," I'm happy. I was watching it so I said to them, "Why not just reboot the 'Golden Girls?'" But it's not just a reboot. I was thinking: where are the "Golden Girls" of today? That was then. What about today? Where are we?

As an artist, as an advocate, what does the word legacy mean for you?

I don't know. Everyone always says, "Oh, you're an icon!" I don't know what that is. I think that, for an artist, basically you just keep going. Of course, the accolades help you continue your work, but it's got to be about the work first. Even when I first started – and I probably wasn't that good – I still thought I was great because it felt great. As long as you feel that great thing coming through you, then you've got to continue. If you have a creative mind, then you've got to use it, otherwise it will choke you. I always look at it as you've got to keep going. I've been told no so many times, and you just got to look beyond the person telling you no and think, "Okay, I want to go here, how do I get there?" And make a plan. I always tell young artists, "Sometimes it takes eight years, sometimes it takes 10 years. The difference between people who make it and who don't are the people who give up and the people who don't give up."

This interview has been edited and condensed for brevity and clarity.
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Taylor Kitsch on his love of complex characters and his new film, '21 Bridges'

The thrilling action film opens this week.



PAT KING
patrick.king@metro.us

Taylor Kitsch has made a career of playing characters whose backs are against the wall. Ever since his star-turning role as the fiery-eyed Tim Riggins on NBC's "Friday Night Lights," Kitsch has embraced complexity in his projects rather than typical blockbuster flare. He's a searcher, and that aspect of his process can be seen in his recent role as Detective Paul Woodrough in the second season of "True Detective" and, more recently, his nuanced portrayal of cult-leader David Koresh in the mini-series, "Waco." He continues this path in the new action film "21

Bridges" starring alongside Chadwick Boseman, Sienna Miller, J.K. Simmons and Stephan James.

The new film, directed by Brian Kirk, follows Kitsch's character Ray and partner Michael, played by James, as they are hired by a prominent New York drug dealer to rob his competition in a late night heist. Unfortunately, the job goes horribly wrong and the two are forced to shoot to freedom as they are instantly greeted by an army of cops on the scene.

With blood on their hands, the two drive off furiously into the night to try and figure out what happened and make it through the night alive. Detective Andre Davis, played by Boseman, puts out an alert to close the city's 21 bridges (hence the title) to trap these cop killers on the run with only a five-hour grace pe-

riod from the mayor before commuters wake up. From there, we are off to the races and the film never lets up until its close.

The pace of the film recalls the kind of action film you would skip school to see with your friends. It's pure rush without sacrificing brains or purpose. Kitsch agrees and was thrilled to be a part of this kind of film.

"I grew up on 'Heat' and, obviously later, when I started diving in and studying it was 'Mean Streets' and stuff like that," says Kitsch. "New York is like a character in this one too. But I loved 'Heat' growing up and anything close to it. Those movies don't get made anymore. It's really rare so it was great to be a part of it in that sense."

As we follow Ray and Michael, we begin to find their motivations. The



two are veterans feeling forgotten away from the battlefield and struggling to put things right in ways they feel their government has not. These nuances (and a clever twist) are reasons Kitsch feels "21 Bridges" is a Trojan Horse of an action film.

"I think without that humanity it just goes into a cliché action movie. I think that's what separates our film," Kitsch says.

"I think when you come from nothing and you have an opportunity, that's a once in a lifetime moment, and you have a chance to change the course of your life and your children's lives to get out of the Bronx and everything that it repre-

sents to these two guys," he adds. "To me, you can't blame them."

Kitsch's portrayal of Ray cuts to the bone and in one scene, he places down a sobriety chip with a shaky hand as he has a chance to breathe in order to have a drink to calm his nerves. In that moment, you feel for Ray on a different level than you would have if he were just a one-dimensional thug. These are the types of layered characters Kitsch has been interested ever since researching David Koresh.

"The more layers to any character, you are going to gravitate towards [them]," says Kitsch. "Maybe it's because I've always been an underdog. I don't know. I love

breaking that down and trying to find the whys and reasoning behind why someone would do something reprehensible as well. But it is subjective. Some people, if you completely erase, and this is quite close to impossible, your own judgement for a second and understand where this one person has come from in their struggles, this is what I love to do. Koresh taught me a lot about that in the prep for 'Waco'. Because I was bringing my own baggage in and casting judgement. Once I stopped doing that, it really set me free and I could marry myself emotionally to their stakes and not bringing my own to it. I think it's the same with Ray."

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Lele Pons debuts a Tarte Cosmetics collaboration

The new collection has three items, perfect for the everyday makeup lover.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Lele Pons has conquered the world of Vine, YouTube, Instagram, music and now, the beauty industry. Is there anything she can't do? Lele Pons just launched a beauty collaboration with Tarte Cosmetics.

The collection is full of items perfect for beauty lovers. The collection includes: Lele Pons x Tarte eye & cheek palette (\$35), a Lele Pons x Tarte lip gloss (\$20) and Lele Pons x Tarte tarteist PRO cruelty-free lashes (\$12). Metro spoke with Lele Pons all about what inspired this fabulous collection, and she said, "I really wanted to capture my go-to look. I don't want to say that I'm



Lele Pons posing with her Tarte Cosmetics eye and cheek palette. TARTE COSMETICS

picky, but I definitely have a look that makes me feel like me. You know when you're getting your makeup done & you're trying to tell them what you want? I want to look like me, but I also want to look like I had my makeup done! Everything here creates a look that I'm comfortable with – it feels natural, it's not too

much but not too little. Like a happy medium."

This collection is perfect for those who prefer a natural look with a little bit of flair.

The Lele Pons x Tarte eye & cheek palette is Tarte's well-loved formula that is infused with Amazonian clay. The palette is a combination of nine metallic and matte neutral bronze

shades, perfect for an everyday look. The palette also has a matte warm pink blush and rose gold highlighter. If you haven't tried the Tarte blush or highlighter formula, you're in for a treat. These products apply beautifully. Pons told Metro that if you are only able to pick up one thing from the collection, she said this

was the item.

Although it was hard for her to choose, she told Metro, "Eyes are most important to me because they express who you are – if I'm going to focus on one thing in a look it's going to be the eyes, so I'd have the say the eye & cheek palette. Plus you can use it for daytime or a full glam night out look, so you'll get the most out of it!"

The lip gloss is a shade that Pons has deemed an essential, so much so that Pons said, "I can't leave my house without lip gloss – I always have this one on me. It's the perfect shade; I really wanted one that would look good on everyone by itself." This lip gloss formula is a rosy nude shade that nourishes and conditions the lips. The gloss is non-sticky and vegan. The formula also helps smooth the appearance of fine lines.

The final item in the collection is some full and fluttery false lashes.

Metro asked Pons for her best piece of advice when it comes to applying false lashes, and she said, "I'm definitely not a makeup artist, but my beauty guru, Jose Figueroa, gave me a few great tips for how to apply them! He told me to place the lashes right above your lash line on the outer corners & then brush them through with a clean mascara wand, so they blend into my actual lashes and make my eyes look bigger."

Pons also added, "Big eyes & long lashes are probably what I'd say is my 'signature look,' so I'm really excited about the lashes too. They're cruelty-free & vegan, but what's really cool is that they get more dramatic in the center so they open up your eyes instead of closing them off like others that get dramatic in the corners."

You can order from Lele Pons' collection online now at Tarte.com.

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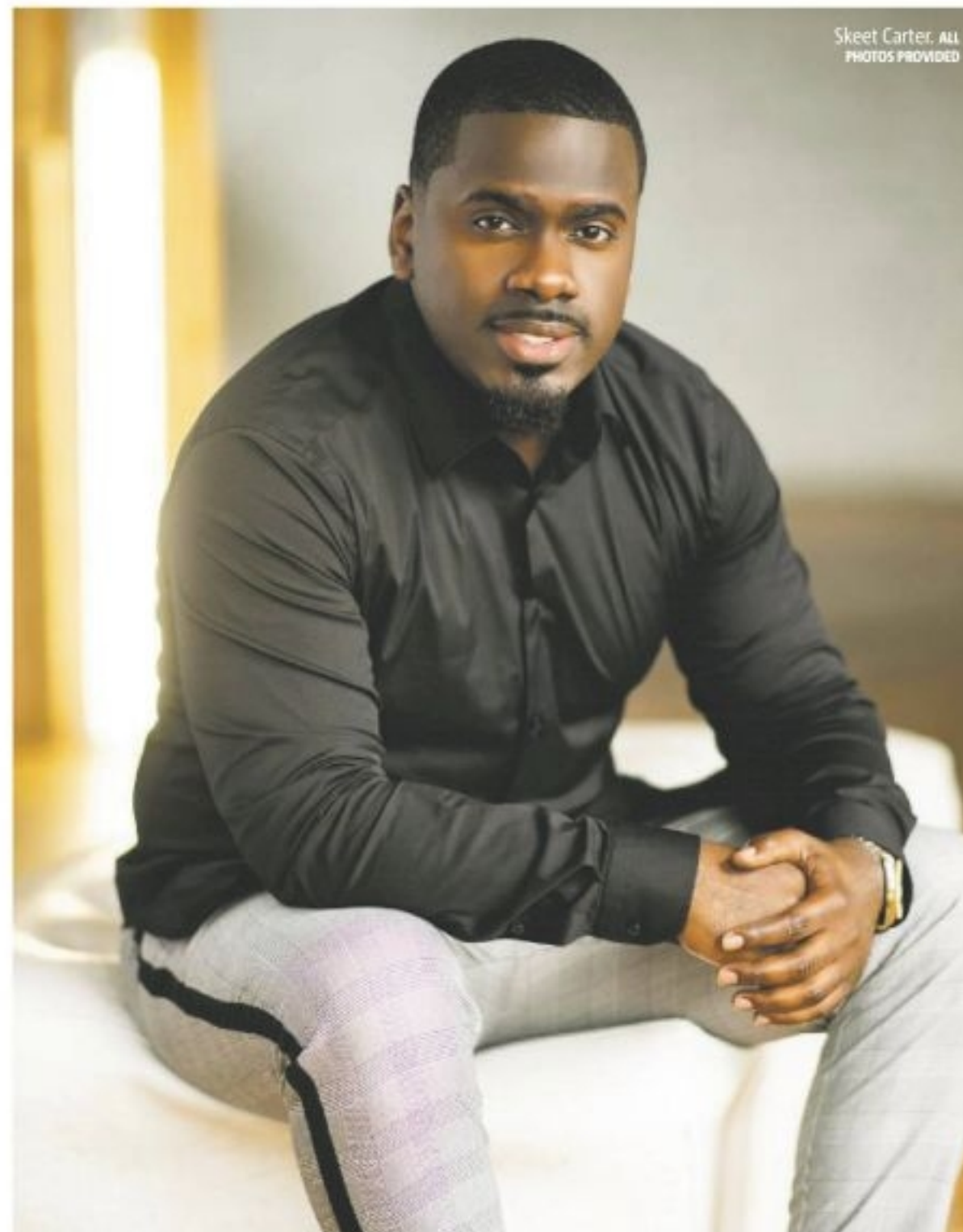
Comedian Skeet Carter will be taping his first comedy special this weekend in Philly.



MOLLY GIVEN
Molly.Given@metro.us

Eight years ago, Skeet Carter was cutting hair at a local barbershop, cracking jokes and living life quite normally. Once the Philly native found out he had a son on the way however, everything changed. Fast forward to 2019 where Carter has numerous comedy club shows under his belt from around the country, worked with some of the biggest names in the industry and even just finished a contract with LiveNation. Now the funnyman is taking another leap in his career, filming a comedy special. This weekend, Charles “Charlie Mack” Alston will be presenting Skeet Carter at the Temple Performing Arts Center to tape his new special “I’m So Stupid” in front of a live audience. Carter sat down with Metro to discuss how he got his start in comedy, what inspires him and why now is the best time to take this major career step.

You’ve been in the comedy game since 2011, but why choose now to tape a comedy special? In this industry, they say it takes ten years for you to become the comic that you want to be: To find yourself, to make enough noise for people to know who you are,



Skeet Carter. ALL PHOTOS PROVIDED

and to become respected as the comedic talent that you are. So with that being said, I toured around the country, I performed at every comedy club and I was able to project Skeet Carter and show people who I am. But it’s all about timing, I just finished my contract with LiveNation, I had a monthly show there that

I would sell out, which is an accomplishment, but at the same time not so much because anybody can do a monthly show. I wanted to stop that and take the step in doing a theater show and headlining it myself. So this is the biggest venue that I’ve done on my own, and I wanted the cameras to be involved with

this. I feel accomplished enough in the comedic community where all the big names know who I am to say yes, let’s film it now. Also, I love the stage. I’m not a big social media guy who does a lot of videos or skits, so my high comes from being on that stage. If I can get this out as a special, I think I can make the

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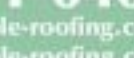
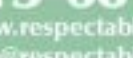
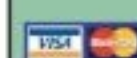
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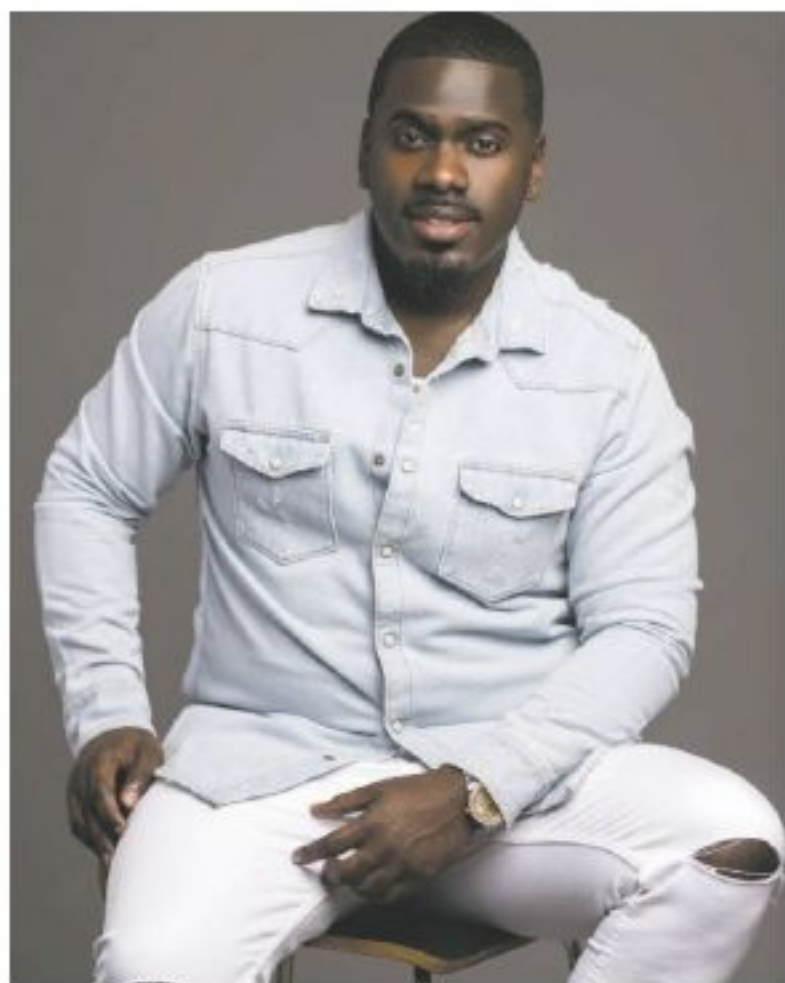


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"I love the stage — I'm not a big social media guy who does a lot of videos or skits, so my high comes from being on that stage."

Skeet Carter

what people were saying. I was a barber cutting hair, and people would tell me I was funny and needed to get on stage, and I also happened to be cutting hair in that barbershop with Kevin Hart's brother. I saw what [Kevin] was doing on stage and in the movies, this was in the beginning about eight years ago, and since I had a baby on the way I needed a way to make money and decided to take it really seriously. I never did an open mic or anything like that, I just put my own comedy show together and jumped into this. I rented a venue, I booked a few comedians and I headlined for 30 minutes at this show, and the response that I got was overwhelming. I found out I really love this. My son gave me that, and my drive is to continue because I believe that was a sign. My son is eight and he doesn't fully understand, but I do feel like I have to live up to his expectations of who he thinks I am. Every day that I see him, I know I have to try harder and stronger, and that's what has led me

world fall in love with the character, or the comic that I am.

Was filming the special in Philly a given since you're from here?

Yes, it's my home base and I just had to do it here. I think if I did it somewhere else it wouldn't have represented me. I don't think that I would have been able to feel right with myself if I filmed somewhere else like Los Angeles. That's where a few people told me to film, but that's not my hometown and not my people. I believe that I owed this step and moment of history to the people who have been a part of it, everyone who has supported me from the beginning.

How would you say your comedy has progressed over time?

Over the years, you get more in-tune and comfortable with yourself. So now I'm more confident

in what I have to say and not questioning myself about 'Oh, should I say this? Will this joke go over well?' I'm confident that I'm funny, and people want to hear what I have to say. Once you feel that way, you know that you're ready, and you have to be ready. It's like a dog that smells fear from a person, people can see when you're not ready and scared. So I grew out of that, and now it's just the perfect time.

Is there anyone you take inspiration from?

Well, what keeps me going is my son. When I first started comedy, my son was due right around the same time, and it was even kind of nerve-wracking because I thought he was going to be born during my very first show. When I found out I had a child on the way, it was something that made me take advantage of

to this.

What specifically do you love about performing stand-up in front of a live audience?

Oh man, just the blessing of getting to do stand-up and once you're off the stage and you're shaking hands with people and the things that people say to you. It's really just as simple as making someone laugh, and making someone forget about the pain that they're going through. At the beginning of my show, I say to leave your problems at the door, comedy and laughter is medicine. It helps you get over anything you're really going through, and I just realized that I'm a healer. I heal people who are going through problems, and being on stage is a power. The healing that we give, that's one of the things that really keeps me going. It's not just a job, it's not just a profession, I believe there is so much more to it.

Catch Skeet Carter at the Temple Performing Arts Center Nov. 23 at 7 p.m.

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MATT BURKE

Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

Before we get to the Thursday Night Football betting preview, I should remind you about the best current offer in PA and NJ sports betting – a limited-time offer to obtain a free \$50 VISA gift card and up to \$250 in risk-free bonus money at **MetroBet.us/Sugar**.

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We have been scoring hot with our NFL picks in this space lately, hitting on our last five games (Chiefs -5.5 over Chargers, Eagles - Patriots Under 44.5 points, Browns -2.5 over Steelers, Seahawks +6 over 49ers, Raiders +1 over Chargers).

Colts versus Texans tonight on Thursday Night Football will pose a challenge given how close in the standings the two teams are, but let's keep things rollin' nonetheless.

The Texans are -3.5 in this one, thanks to the fact that they are at home and that key Colts players are banged up. Underrated running back Marlon Mack (hand) will miss tonight's game, and quarterback Jacoby Brissett doesn't look the same after enduring an MCL sprain in Week 10.



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The good news on the injury front for Indy, though, is that they will likely get star receiver T.Y. Hilton (calf) back. Hilton is the key to the Colts' offense as the team is 5-1 this season with him and just 1-3 without him.

Hilton and the Colts

seem to have the Texans' number in Houston as they toppled them in Texas in the Wild Card Round last season, 21-7. Indy also beat them late in the 2018 regular season in Houston, 24-21. Hilton had a combined 284 yards receiving in those two

games.

The Ravens kind of exposed Deshaun Watson and the Texans last week as they held the Houston offense to just seven points in a 41-7 blowout. Watson threw for just 169 yards in that one as he did not throw a TD pass and was

picked off.

Indy has a better pass defense than Baltimore, so it could be another long day for the former Clemson great.

Also of note, Houston is just 1-3-0 against the spread this season as the home team.

The play: Colts +3.5

TWEET OF THE DAY



Ben Fawkes
@BFawkesESPN

Lamar Jackson opened the season 66-1 to win the NFL MVP @DKSportsbook. He's now the favorite at +170. 54 percent of the total handle for him winning MVP has come in the past two weeks. Prior to Week 1, he was the 18th most bet player.

NFL Week 12 betting: Steelers at Bengals

Best bets

The Pittsburgh Steelers are nursing a slew of injuries and the Cincinnati Bengals are simply a bad offensive team, so Under bettors seem poised to cash as these AFC North rivals meet at Paul Brown Stadium on Sunday afternoon. The Steelers are likely to be without wide receiver Juju Smith-Schuster (concussion) as well as running back James Conner (shoulder) and center Maurkice Pouncey (suspension). Pitts-

burgh notched 27 points when they played Cincinnati on Sept. 30, the high-water mark for them on the season, and that was when quarterback Mason Rudolph's unit was mostly at full strength. Rudolph himself has struggled over his last two games, completing only 54.8 percent of his passes for just 5.6 yards per attempt with a 2-4 TD-INT ratio. Meanwhile, Ryan Finley has proven to be a



tremendous downgrade at quarterback for the Bengals. He's completed less than 50 percent of his throws through two starts for less than five yards per attempt and has just one TD throw compared to two INTs. He's also been sacked seven times. Cincinnati has failed to top 17 points in each of its last five contests.

The play: Steelers - Bengals Under

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Flyers minute: Frost dazzling, Gostisbehere struggling

The Flyers are losers of four straight as they face Carolina tonight.



JOE PANTORNO
joseph.pantorno@metro.us

The arrival of top prospect Morgan Frost didn't do much to mend the Flyers' offensive woes — which is an unfair expectation to saddle a 20-year-old with.

Tuesday night saw the Flyers drop their fourth-straight game, a 5-2 decision to the Panthers in Sunrise, FL.

The Flyers have now scored three or more goals just four times over their past nine outings while averaging a measly 2.3 goals per game.

Frost, however, did

what he was called on to do, scoring his first-career NHL goal with 5:40 remaining in the second period to make it a 4-2 game.

It was a beauty, too, as the young center came down the goal line from the left-wing through traffic and lifted a backhand over former Vezina Trophy winner Sergei Bobrovsky.

In just 14:16 minutes of play, he already has more goals than Scott Laughton, Andy Andreoff, Chris Stewart, Mikhail Vorobyev, Connor Bunnaman, and German Rubtsov combined.

That carousel of lower-line forwards failed to score a single goal in a combined 37 games.

Frost was arguably the best Flyer on the ice on Tuesday. He looked confident on the puck, was willing to back-



Morgan Frost picked up his first-career goal on Tuesday night. GETTY IMAGES

check, and exuded plenty of confidence for a player his age.

The same can't be said for most of the Flyers roster against the Panthers. Most of the heat, though, is coming down on defenseman

Shayne Gostisbehere.

The 26-year-old blueliner went missing again on Tuesday night with a litany of lackadaisical play, turnovers, and indecisiveness.

He played in a season-low 14:33 against

the Panthers that was highlighted by a high-sticking penalty just a minute after Jonathan Huberdeau put Florida up 4-1 in the second period.

Gostisbehere has experienced quite a swift fall from grace over the past five seasons. He broke onto the scene in 2015 by making a serious run at the Calder Trophy by becoming one of the most promising two-way defensemen in the game.

He put up 17 goals and 29 assists in 64 games during his rookie season before posting a career-best 65 points (13 G, 52 A) two years later.

The offensive prowess made up for his giveaway problems. Gostisbehere's takeaway-to-giveaway ratio over the past three years has been at a -81.

Through his first 21 games this season, he's at a -14, per TSN.

His offensive game has lagged, too, with just one goal and five assists. Those six points have him at a career-low pace of 23 points this season.

That's not the kind of production expected from a defenseman that was expected to be a top-pairing talent. He's being paid like one, too, as he's in the third season of a six-year, \$27 million contract.

The Flyers are back in action tonight against the Carolina Hurricanes, who have won their last four games.



Magic owner: Orlando wants in on Major League Baseball

Major League Baseball commissioner Rob Manfred has hinted at exploring expansion opportunities in the coming years to bring the game to new cities.

Now, one can throw Orlando's hat into the ring.

Pat Williams — the owner of the NBA's Orlando Magic — announced that he will lead an effort to bring a third Major League Baseball franchise to Florida.

He's already picked out a name for the hypothetical franchise, calling them the Dreamers after the likes of Walt Disney — whose theme park is in Orlando.

Florida already houses a pair of MLB teams in the Miami Marlins and Tampa Bay Rays.

Neither franchise has experienced much success since their respective inceptions in 1993 and 1998. The Marlins have a pair of World Series titles, while the Rays have an AL pennant to their name.



GETTY IMAGES

They have also been the worst-drawing teams in each of the past two years. Tampa Bay averages 14,000 per game while the Marlins — considered one of the most dysfunctional franchises in baseball — have averaged just 10,000.

In Orlando, the Magic currently ranks 20th in attendance in the NBA. But their mark of filling 88.6-percent of their home arena ranks 25th.

But that isn't stopping Williams' vision.

"We can add one more major league team here," he said at a press

conference on Wednesday (h/t Darren Stoltzfus, WESH). "We've got the NBA. We've got soccer. The NFL has three teams in Florida and, in my wildest dreams, I can't imagine a fourth. We have hockey down the road in Tampa. They are fine. They can have hockey."

Other destinations discussed as possible expansion targets for Major League Baseball over the past few years has been Nashville, Las Vegas, Portland, and Montreal, amongst others.

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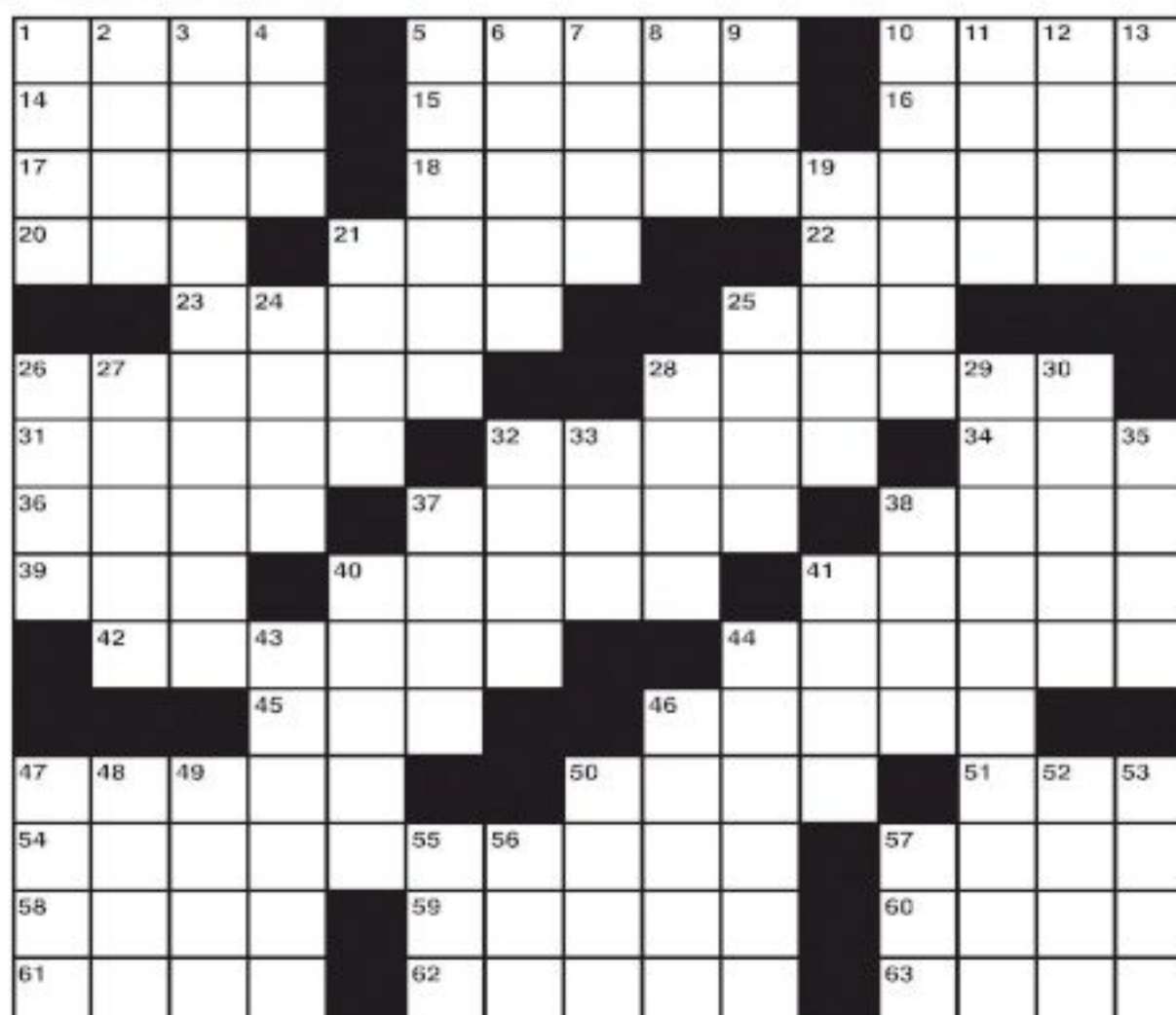
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1 High chair accessories
5 Crab Louie or coleslaw
10 Venerable British historian
14 Put to ___; drive away
15 Showy feather
16 Bug spray
17 Askew; crooked
18 ___ for; signed up to join
20 TV's "Major ___"
21 Untainted
22 Easy to reach
23 Kick out, as a tenant
25 Peach stone
26 Pointed tooth
28 See the ___; take a tour
31 Initial phase
32 Sponge off others
34 Chinese ___; deciduous tree
36 Winter flakes
37 Seal up cracks
38 The Bee Gees, e.g.
39 Twain's Sawyer
40 Wilkes-___, PA
41 Small skin openings
42 ___ for; craves
44 Cuban exports
45 "Gosh!"

46 ___ control; wild
47 Be on the same page
50 Spew forth
51 Octopus secretion
54 Skinniest
57 Backed by facts
58 Meghan, to Prince George
59 "Same for me!"
60 Actor's award
61 Team in the NBA
62 Sudden muscle cramp
63 Seizes

DOWN

1 Staple alternative
2 Nebraska's neighbor
3 Too heavy; oppressive
4 Piggy's home
5 Christmas tree, perhaps
6 Open-eyed
7 Racing sled
8 "What Kind of Fool ___?"
9 Start of Iowa's capital
10 Out of ___; panting
11 Deserve
12 Gave up the ghost
13 Whirlpool
19 Leg part
21 1/8 of a gallon
24 Feast one's eyes on
25 Choose
26 Price to be paid
27 Pester
28 White fish
29 Solid ground
30 More devious
32 One of the planets
33 "___ Father, Who art in heaven..."
35 Green velvety ground



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41 ___ helmet; safari hat
43 Representatives

44 Usual practice
46 Removes from power
47 As strong ___ ox
48 Elmer's adhesive
49 Money for the land-lord

50 ___ kick out of; enjoy
52 Deadened
53 Islets off Florida
55 Harris & McMahon
56 "___ Van Winkle"
57 Reasonable bedtime

metro.us/wordsearch

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metro.us/wander

Category: Occupation



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

Yesterday's Answers



metro.us/sudoku



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horoscopes

Aries It's up to you to take charge and put your plans in motion. Working alongside someone who shares your goal will bring you closer together and speed your success.

Taurus Update the way you do things. An adjustment will lead to new opportunities, as well as a positive lifestyle change.

Gemini Slow down and think. Don't feel pressured to do something you aren't ready to do. Stick to facts and don't believe everything you hear.

Cancer Set a strict budget and schedule, and don't change your course of action until you are satisfied. A positive change is heading your way.

Leo Personal growth, physical health and romance should be at the top of your to-do list. The more you discover about yourself, the easier it will be to make better choices.

Virgo Take control and leave nothing to chance. Don't delegate important tasks. It's up to you to make sure that you get what you want. Live a healthy lifestyle.

Libra Deal with domestic matters carefully. Refuse to let someone take advantage of you or dump their responsibilities in your lap. Put your needs first and make personal improvements a priority.

Scorpio Set up interviews and update personal documents, contracts or financial investments. If you take care of business, you'll be free to make important lifestyle adjustments.

Sagittarius Don't believe everything you hear. If you are gullible, someone will take advantage of you. Stick to what and who you know, and focus on taking care of unfinished business.

Capricorn Mull over your options and position yourself to take advantage of the best possibility. If you enthusiastically contribute what you have to offer, it will impress someone who can help you.

Aquarius Finish what you start. Stick to your plan, regardless of what others do or say. If you don't agree with something, speak up. Personal improvement will lead to gain.

Pisces Don't feel compelled to make a choice if you are uncertain. Don't give in to someone who is being manipulative or trying to take advantage of you. EUGENIA LAST

Do you or someone you love suffer from...

POST-TRAUMATIC STRESS DISORDER, BORDERLINE PERSONALITY, DEPRESSION, ADHD

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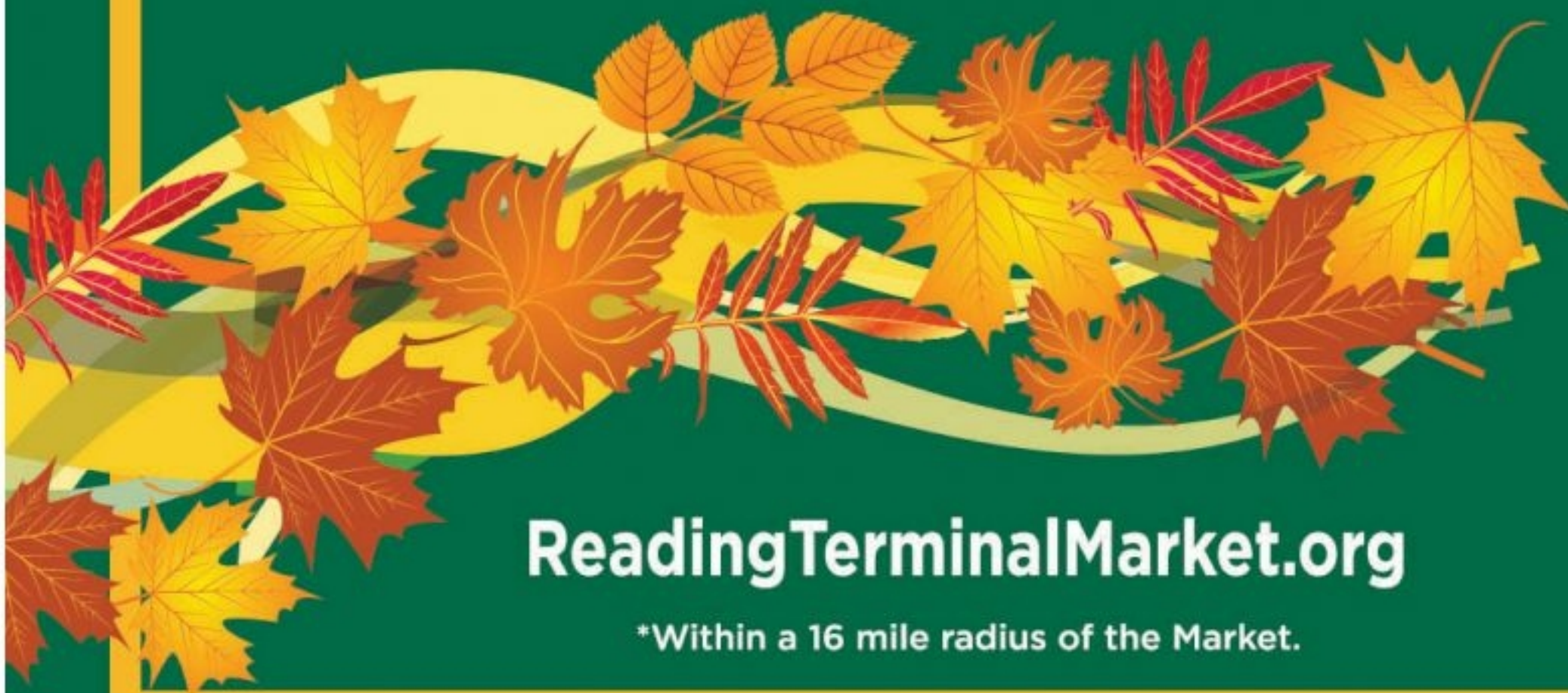
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*Within a 16 mile radius of the Market.

FRESH TURKEYS:

Giunta's Prime Shop: Locally raised, free-range turkeys. Turducken available. Order by November 23rd. Walk-ins available while supplies last.

Godshall's Poultry: Locally raised, natural fed, free-range turkeys. Advance orders recommended. Order by November 23rd. Walk-ins available while supplies last.

L. Halteman Family Country Foods: Locally raised, free range turkeys, ducks, geese & turducken. Advance orders recommended. Order by November 25th. Walk-ins available while supplies last.

Martin's Quality Meats & Sausage: Locally raised, free range turkeys & turkey breasts. Advance orders recommended.

COOKED TURKEYS WITH SIDES:

Beck's Cajun Cafe: Turkey breast w/ gravy, whipped sweet potatoes, vegetables, salad, sweet relish, cornbread, stuffing, & pie. \$24.95 per person/8 person minimum. Order by November 22nd. Contact 267-399-6100 or lisa@bytastecatering.com

Loco Lucho's Latino Kitchen: Roast pork shoulder, rice with peas, fried sweet plantains in sauce, vanilla or coconut flan & salads (order by 11/25)

The Original Turkey: Whole cooked turkeys & sides. Advance orders required through www.originalturkey.com. Order by November 24th. Single serve platters also available. No advance order required.

PRODUCE & FRESH HERBS:

Iovine Brothers Produce
Kennett Square Specialties
L. Halteman Family Country Foods
OK Produce

GRAVY & CONDIMENTS:

Condiment
Jonathan Best Gourmet Grocer
The Original Turkey

Bones for stocks available at all butchers

SPICES, STOCKS, & OTHER COOKING ESSENTIALS:

Condiment
Jonathan Best Gourmet Grocer
Pennsylvania General Store
The Head Nut
The Tubby Olive

HORS D'OEUVRES:

By George
Condiment
Downtown Cheese
Fox & Son Fancy Corndogs
Hatville Deli
The Riehl Deli & Cheese Shop

SIDES:

Beiler's
By George
Condiment
Golden Fish Market
Hunger Burger
John Yi Seafood
Keven Parker's Soul Food Café
L. Halteman Family Country Foods
Market Bakery
Metropolitan Bakery
Taste of Spain
Tootsie's Hot & Cold Buffet
The Original Turkey
Umi Cooked Seafood & Sushi Bar

DESSERTS:

Bassetts Ice Cream
Beck's Cajun Cafe
Beiler's
Famous 4th St. Cookie Co.
Flying Monkey Bakery (order by 11/24)
Market Bakery
Metropolitan Bakery
Mueller Chocolate Co.
Pennsylvania General Store
Sweet as Fudge Candy Shoppe
Termini Brothers Bakery

KITCHEN ESSENTIALS & GIFTS:

Amy's Place
Amazulu
Bee Natural
Contessa's French Linens
De'Village
Herbiary
Market Blooms
Mueller Chocolate Co.
Old City Coffee
Pennsylvania General Store
Sweet as Fudge Candy Shoppe
The Tubby Olive

BEVERAGES:

Lancaster County Dairy
Old City Coffee
Tea Leaf
Pennsylvania Pour Collective



Reading Terminal Market will be closed on Thanksgiving Day. All orders must be picked up on or before the Market closes on Wednesday, November 27th at 6 PM.



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November 22nd - November 27th: Only at **Hilton Garage** at 11th & Arch Streets or **Parkway Garage** at 12th & Filbert Streets. Spend \$40 or more and bring your receipts to the Customer Hub (located behind The Head Nut) to receive validation for free parking for up to two hours. After two hours regular rates apply. Online orders for pick up can also receive free parking on orders of \$40 or more.

Free 2 hour parking will also be available for the entire month of January with purchases of \$40 or more.

Also Available:

Free Shopping Carts

Complimentary Bag Hold

Free Delivery On Demand

Ambassadors to Answer your Questions (look for white shirts with green aprons)

